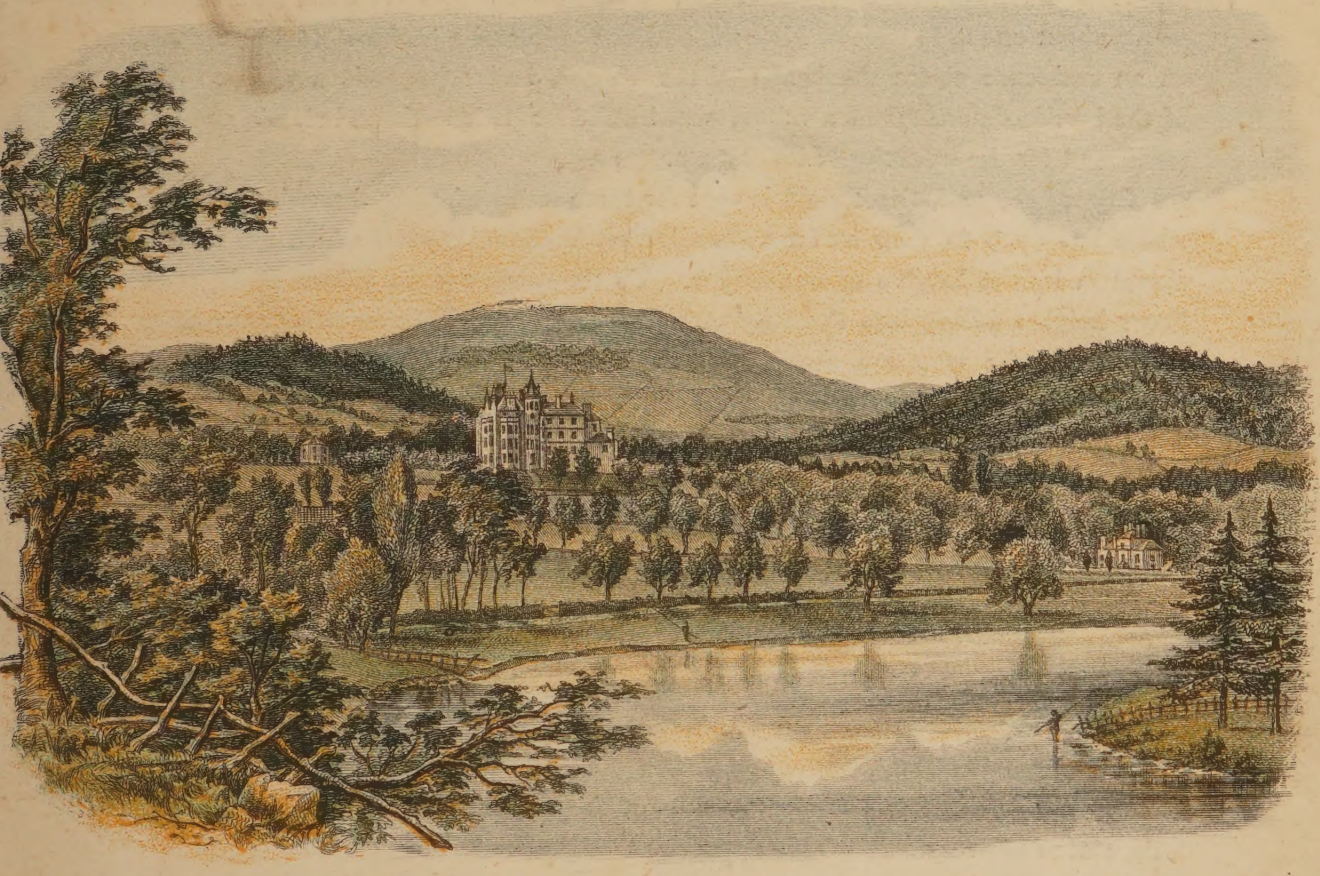
MELROSE

THE CLASSIC CENTRE OF SCOTLAND



THE WAVERLEY HYDROPATHIC ESTABLISHMENT,

MELROSE.

ON THE BANKS OF THE TWEED.

IN THE VICINITY OF ABBOTSFORD; AND ALSO OF
MELROSE, DRYBURGH, JEDBURGH, AND KELSO ABBEYS.

ONE HOUR BY RAIL FROM EDINBURGH.

EASILY ACCESSIBLE FROM THE SOUTH, VIA MIDLAND RAILWAY.

Resident Physician—DR TENNANT.

All applications for Bed-Rooms or Private Parlours
to be addressed to the House Steward.

THE WAVERLEY HYDROPATHIC ESTABLISHMENT,

SKIRMISH HILL, MELROSE.

THIS ESTABLISHMENT, which can accommodate 150 Visitors, is situated about one mile west of Melrose, and one mile and a half east of Abbotsford, on an eminence above the banks of the Tweed, and commands a view of one of the loveliest portions of a valley, noted alike for its historic and classic associations, and for the salubrity of its climate.

Toward the east, the Tweed is seen for three miles winding through the valley which lies open to view as far as Leaderfoot Viaduct, beyond which the view is closed in by the heights of Bemersyde. To the south are the Eildon Hills, their lower heights falling into the Rhymer's Glen, one of Sir Walter Scott's favourite walks. To the west are the wooded heights of Abbotsford, and the hills of Gala Water; while to the north the Fairydean and Gattonside Hills close in the horizon.

The district, being within a very short distance of the Border, includes many localities famous in the early history of Scotland, and many which are noted as the scenes of memorable incidents in well-known tales of chivalry and romance. The Establishment is thus a centre from which many interesting and delightful excursions may be made. The venerable ruin of Melrose Abbey is within easy walking distance, and Dryburgh, Jedburgh, and Kelso Abbeys—all founded early in the twelfth century—are each within an hour's journey.

The site of the Establishment, 330 feet above sea-level, is dry and airy, while, at the same time, it is well sheltered from the colder winds by the surrounding hills, and is in every way well adapted for a Sanitarium.

The Building, which has a southern exposure, contains spacious Dining and Drawing-Rooms, each 84 feet long, a Ladies' Parlour, News Room, Library, two Billiard Rooms, and a Recreation Hall. There are separate suites of Baths for Ladies and Gentlemen, open daily—comprising Turkish, Spray, Douche, Sitz, and Plunge Baths. There is also the necessary apparatus for the application of Electricity in its different forms.

For some invalids, the water of St Dunstan's Mineral Well, at Melrose, may prove highly beneficial. It is specially noted for its strengthening qualities in cases of anæmia, debility, &c. From the annexed analysis by an eminent Chemist, it will be observed that it contains no less than Thirty-seven Grains per Gallon of Carbonate of Iron, which causes it to stand at the head of all Saline Carbonated Chalybeate Waters in Britain.

The grounds of the Establishment are bounded for three-quarters of a mile by the Tweed, in which visitors have the right of trout fishing. They extend

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to about forty acres, are tastefully laid out, and contain Croquet Green, Bowling Greens, and Tennis Lawns. A very fine moor, one mile distant, at the foot of the Eildon Hills, commanding a magnificent prospect of the surrounding country, has recently been laid out as a Golf Course, and visitors are kindly permitted to play over it, on payment of a nominal charge to the Golf Club.

The House is connected, by Special Wire, with the Post-Office Telegraph, and four Mails arrive and are dispatched daily.

Eight Passenger Trains from the north, and the same number from the south, stop at Melrose daily, on the arrival of which Omnibuses are in waiting to convey visitors to the Establishment.

The St Helen's branch, in close proximity to the Waverley, is comfortably adapted for a limited number of visitors, at lower rates of charge.—*See last page.*

TERMS PER WEEK.

BOARD, LODGING, AND BATHS, in June, July, August, and Sept., from	£2	12	6
Do. ——— Do. ——— two in one Bed-Room, each, "	2	9	0
Do. ——— during other Months, one in a Bed-Room, "	2	9	0
Do. ——— Do. ——— two in a Bed-Room, each, "	2	2	0
Children between 6 and 12 years of age	1	11	6
Children under 6 years, by Special Arrangement.			
Board and Lodging for Private Servants	1	11	6
Private Parlours, extra, from	1	8	0
Superior Bed-Rooms, extra, from	0	10	6

Meals at other than regular hours, 6d. per Meal extra.

Meals in Private Rooms, to a Family, 2s. 6d. per day; and to a Single Visitor, 6d. per Meal extra.

Fire in Bed-Room, in evening, 9d.; whole day, 1s.; in Private Parlour, 1s. 6d. extra.

Visitors for less than a week, 1s. per day, extra.

The day of arrival is charged as a whole day.

The day of departure is free, except for Meals after the hour of arrival.

Special Arrangements made for Families and for prolonged Residence.

Servants, Bath Attendants, and Use of Bathing Sheets, are included in the above charges. All gratuities strictly forbidden.

Fee for first Medical Consultation, 10s. 6d.; afterwards free.

Dogs not allowed in the House.

Stabling for Visitors' Horses on moderate terms.

Omnibus from Railway Station, conveying one Passenger only, 1s.; conveying two only, 9d. each; conveying three or more, 6d. each—payable to the Driver.

BREAKFAST .	Week Days, 8.30 A.M.	Sundays, 9 A.M.
DINNER . .	" 1.30 P.M.	" 2 P.M.
TEA . .	" 6 P.M.	" 8.15 P.M.
SUPPER . .	" 9 P.M.	

Prayers in the Drawing-Room after Breakfast, and at 10.20 p.m.

Further particulars will be found in the "General Regulations" in each Bed-Room.

3
2
56
56
English Miles
0 5 10 15 20
FIRTH OF FORTH
Dysart
Kirkcaldy
Dunfermline
Burntisland
Inverkeithing
Queensferry
Leith
Portobello
EDINBURGH
Mid Calder
Currie
Dalkeith
Penicuik
Pentland Hills
Lammermuir Hills
HADDINGTON
North Berwick
Dunbar
Bass Rock 400ft
St Abbs Hd
Eyemouth
Ayton
Burnmouth
Chirnside
BERWICK on Tweed
Tweedmouth
DUNSE
Coldingham
Lauder
Stow
Gala Water
Moorfoot Hills
Linton
Eddleston
PEEBLES
Innerleithen
Traquair
Galashiels
Melrose
St Boswells
Earlston
GREENLAW
COLDSTREAM
Swinton
Belford
Wooler
Cheviot
Tweed
Leith
Esk
Tyne
Whiteadder Water
Blackadder Water
Dye Water
Leader Water
Gala Water
Eden Water
Ale Water
Eye Water
Bothwell Water
Monynut Water
Fasney Water
Hopes Water
Birns Water
Watch Water
Longformacus
Cranshaws
Abbey St Bathans
Reston
Grantshouse
Renton
Houndwood
Oldhamstocks
Dunglass
Cockburnspath
East Castle
Innerwick
Spott
Stenton
Whittingham
Amisfield
Garvald
Gifford
Lennoxlove
Longniddry
Gladsmuir
Macmerry
Tranent
Prestonpans
Cockenzie
Fisherrow
Musselburgh
Newhaven
Granton
Cramond
Dalmeny
Kirkliston
Winchburgh
Linlithgow
Queensferry
Inchcolm
Inchkeith
Aberdour
Burntisland
Kinghorn
Pettycur
Auchtertool
Cowdenbeath
Dysart
Kirkcaldy
Saline
Oakley
Halbeath
Crossgates
Torryburn
Charlestown
Limekilns
Blackness Cas
Hopetoun Ho
Dalmeny
Carlops
Leadburn
Romannobridge
Dolphinton
Broughton
Biggar
Walston
Dunsyre
Lamancha
Newhall
Harburn
West Calder
Mid Calder
Currie
Colinton
Gilmerton
Dalmahoy
Ratho
Kirknewton
Newpark
Broxburn
Uphall
Winchburgh
Kirkliston
Ratho Sta
Corstorphine
Granton
Cramond
Dalmeny
Hopetoun Ho
Linlithgow
Canal
Union Canal
Water of Leith
Pentland Hills
Moorfoot Hills
Lammermuir Hills

J. Bartholomew. Edinburgh.

ST DUNSTAN'S CHALYBEATE MINERAL WELL, MELROSE.

The Medicinal qualities of the water of this Well having been discovered in the year 1870, the water has since been analysed by two eminent Chemists, who have reported as follows :—

I. REPORT, dated 22d May 1879, by WILLIAM JOHNSTONE, Esq., F.I.C., F.C.S., Analytical and Consulting Chemist, Lowther Hill, Forest Hill, London, S.E.—

"A sample of St Dunstan's Well water, collected on the 13th March 1879, gave, after a very careful and exhaustive Analysis, the following result :—

Direct results of Analysis.		*Results calculated as Grains per Imperial Gallon.*	
Ferrous Oxide,	.328680	Ferrous Carbonate,	37.1445
Chlorine,	.378705	Sodium Chloride,	38.1789
Soda,	.343063	Calcium Sulphate,	6.1805
Lime (Total),	.057445	Calcium Carbonate,	2,0026
Magnesia (Total),	.056216	Magnesium Chloride,	1.9308
Phosphoric Acid,	.020085	Calcium Phosphate,	0.8768
Carbonic Acid,	.682183	Aluminium Phosphate,	1.4529
Sulphuric Acid (SO_3),	.074258	Magnesium Sulphate,	2.0194
Alumina,	.006582	Magnesium Carbonate,	2.5995
Iodine,	.000788	Magnesium Iodide,	0.0662
Bromine,	.000305	Magnesium Bromide,	0.0277
Manganous Oxide,	.000785	Manganous Carbonate,	0.0893
Ammonia,	.018652	Ammonium Chloride,	3.0291
Potash,	.006258	Potassium Chloride,	0.6944
Silicic Acid,	.035286	Silicic Acid	1.9546
Baryta,	.002917	Barium Sulphate,	0.3113
Strontia,	.000886	Strontium Sulphate,	0.1282
Lithia,	.000282	Lithium Chloride,	0.0324
Crenic Acid,	.013572	Crenic Acid,	0.9519
Apocrenic Acid,	.000487	Apocrenic Acid,	0.0341
		Total Ingredients calculated,	99.7051
		Total Ingredients found,	98.8278

"In addition to the above were found traces of Fluorine, Butyric and Propionic Acids, along with other volatile and non-volatile organic matter.

Gases held in Solution.

Carbonate Dioxide,	Cubic Inches per Gallon,	28.128
Oxygen,		1.880
Nitrogen,		7.978
	Total Gases,	37.986

"From the above results the following conclusions may be drawn :—That it contains a very large amount of Carbonate of Iron, which causes it to stand at the head of the list of British Saline Carbonated Chalybeate Waters, along with a notable quantity of Carbonate of Manganese. It also contains a considerable amount of Iodine and Bromine, in combination with Magnesium. The water is remarkably free of Alumina, and rich in Phosphoric Acid, part of it being in combination with Lime forming the Calcium Phosphate ; the remainder is in combination with Alumina. Besides the Iron, Manganese, Iodine, Bromine, Alumina,

and Phosphoric Acid, there are other Saline compounds present, principally Sodium Chloride, Calcium Sulphate, Calcium Carbonate, Ammonium Chloride, and Magnesium Sulphate, along with a small quantity of Lithium Chloride. It also contains a large quantity of Free Carbonic Acid, which enables the water to be kept in its natural condition for a lengthened period of time, if preserved in well-fitting stoppered bottles; on the contrary, if exposed to the atmosphere the Iron is deposited as a Ferric Mango-Manganic Oxide, which readily subsides to the bottom of the vessel.

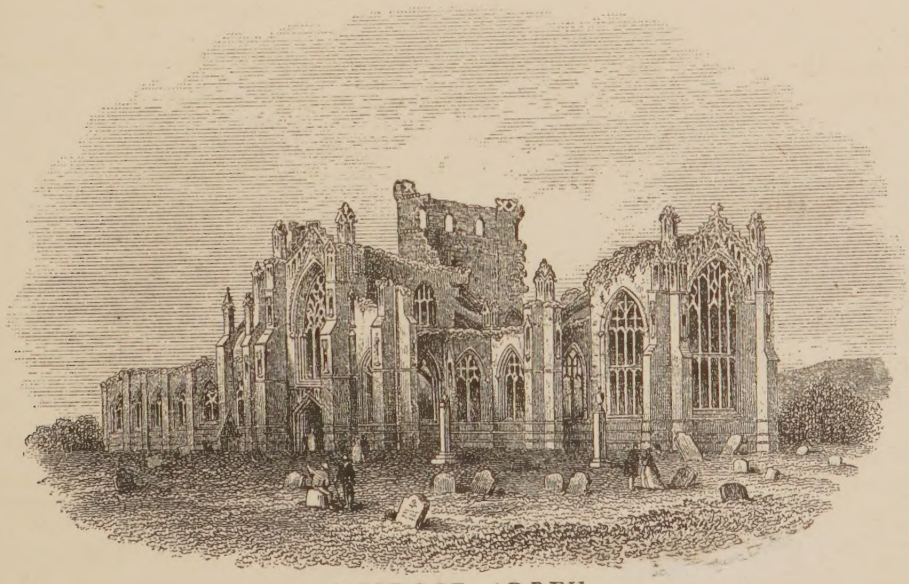
"From the foregoing results I am decidedly of opinion that the water is a most valuable Ferruginous Saline Carbonated Water, and can confidently recommend it in regard to its high medicinal qualities."

II. Excerpt from Report, dated July 1871, by James Dewar, Esq., F.R.S.E., formerly Demonstrator of Chemistry in the University of Edinburgh, and now Professor of Chemistry in the University of Cambridge:—

"It is generally known that this country is extremely deficient in well-marked Chalybeate Waters. Plenty natural waters, containing small proportions of iron, are to be met with in the United Kingdom; but, with the exception of those at Tunbridge Wells, Harrogate, Sandrock, Hartfell, and Vicarsbridge, they contrast very unfavourably with those of the numerous spas of the continent of Europe. If we restrict ourselves to an examination of the chemical characters of the above-mentioned Scotch Chalybeates, we observe that the iron is present in large quantities in the form of sulphate, along with sulphate of alumina, on which account they are more nauseous to invalids.

"A chemical examination of the water of St Dunstan's Well, Melrose, showed it to be a well-defined acidulous Chalybeate, unusually rich in Carbonate of Iron.

"With the exception of the celebrated Dr Muspratt's Chalybeate at Harrogate, I do not know of any natural water in this country containing such a large proportion of Iron in the form of Carbonate, and it is to be observed the Iron is not associated with a large quantity of other salts. I have no doubt that, judging from its own qualities, as well as from its favourable climatic situation, along with the general interests attached to the locality, this Chalybeate is certain to recommend itself to the medical profession."



MELROSE ABBEY

THE ST HELEN'S BRANCH.

Conducted by Rev. WM. CROMBIE, *Secretary to the Company, and* Mrs CROMBIE.

TERMS PER WEEK.

Board, Lodging, and Baths	£1	18	6
Two occupying a Double-Bedded Room, each	1	15	0
Two occupying one Bed, each	1	11	6
Ministers and Teachers	1	8	0
Children under 15 years	1	4	6
Do. do. Two in a Bed, each	1	1	0
A few Superior Bed-Rooms, extra	0	7	0

Distances from the Establishments for Walks and Drives.

	MILES.		MILES.
Melrose Abbey	1	Selkirk	6
St Dunstan's Mineral Well	1	Mertoun House	7
Golf Course	1	Sandyknowe	7½
Fairydean	1	Smailholm Tower	7½
Abbotsford	1½	Philiphaugh	9½
Rhymer's Glen	1½	Ancrum	10
Eildon Hills	2	Bowhill	10
Newstead	2	Lauder	10
Cauldshiels Loch	3	Newark Castle	11
Leaderfoot	3	Denholm Dean	12
Galashiels	3½	Minto Craigs	12
Cowden Knowes	4	Stow	12
Ettrick Bridge	4	Jedburgh Abbey	14
Blackhill of Earlston	5	Hawick	15
Clovenford Vineries	5	Innerleithen	15
Dryburgh Abbey	5	Roxburgh Castle	15
Earlston	5	Kelso Abbey	16
Bemersyde Hill	5½	Floors Castle	16
St Boswells	5½	Peebles	20
Glen Dearg Towers	6	St Mary's Loch	25

THE WAVERLEY HYDROPATHIC COMPANY, LIMITED,
SKIRMISH HILL, MELROSE, *October 1881.*